

**U6**

<b>3</b> players on the field	<b>#3</b> ball size	<b>7 ½</b> minute quarters
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**First Meeting:**

- Introduce coach and players.
- Pass out uniforms and schedules.
- Discuss optional group practices: Tuesday's at 5 pm, with games immediately following at 5:30 pm.

**Important Rules:**

1. No goalies. No goal-tending.
2. Coaches allowed on the field during games to encourage the kids to participate.
3. Offside ruling not used.
4. Substitutions allowed at the discretion of the coach.
5. No slide tackling. If it occurs, an indirect free kick taken from the location of the incident.
6. Headers should not be used or taught.
7. If the ball goes out of bounds on the sideline, the other team kicks it in from where it went out.
8. If the ball goes out of line at the end line and depending which team kicked it out, it is either a goal kick or a corner kick.

**U8**

<b>4</b> players on the field	<b>#3</b> ball size	<b>10</b> minute quarters
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**Important Rules:**

1. Full FIFA rules apply, other than those noted below.
2. No goalies. No goal-tending.
3. Coaches allowed on the field during games to encourage the kids to participate and provide instruction.
4. Offside ruling not used. If a player is staying in an offside position and a goal is scored because of this, the goal will not be counted. An indirect free kick will be taken from the point of the incident.
5. Substitutions allowed at the quarters, or for an injury.
6. Headers should not be used or taught.
7. If the ball goes out of bounds on the sideline, the other team will throw it in from where it went out. A proper throw in: both feet planted, both hands on the side of the ball, and the ball must come straight back behind the head. If not thrown in properly, player is given a second chance. If incorrect throw in a second time, the other team gets the ball.
8. If the ball goes out of line at the end line and depending which team kicked it out, it is either a goal kick or a corner kick.
9. Fouls (tripping, hand ball, pushing, and slide tackling) are not allowed. If they occur, an indirect free kick will be taken from the spot of the foul, and must touch another player before it can go in the net. If the foul occurs in the box in front of the goal, the ball should be placed outside of the box and a free kick taken from that point. No penalty kicks will be taken.
10. If a player is injured and the game is stopped, the game will be restarted with a free kick for the team that had the ball when the game stopped.

**U10**

<b>7</b> players on the field	<b>#4</b> ball size	<b>25</b> minute halves
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**Important Rules:**

1. Full FIFA rules apply, other than those noted below.
2. Offside ruling used, with full explanation from the referee to all players.
3. Substitutions allowed when your team has possession of the ball, except during penalty or corner kicks.
4. Headers should not be used or taught.
5. If the ball goes out of bounds on the sideline, the other team will throw it in from where it went out. A proper throw in: both feet planted, both hands on the side of the ball, and the ball must come straight back behind the head. If not thrown in properly, player is given a second chance. If incorrect throw in a second time, the other team gets the ball.
6. Slide tackling is not allowed. If it occurs, an indirect free kick will be taken from the spot of the foul.
7. If a player is injured and the game is stopped, the game will be restarted with a free kick for the team that had the ball when the game stopped.

**U12**

<p><b>9</b> players on the field</p>	<p><b>#4</b> ball size</p>	<p><b>30</b> minute halves</p>
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**Important Rules:**

1. Full FIFA rules apply.
2. Substitutions allowed when your team has possession of the ball, except during penalty or corner kicks.

**U14**

<b>11</b> players on the field	<b>#5</b> ball size	<b>35</b> minute halves
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**Important Rules:**

1. Full FIFA rules apply, other than those noted below.
2. Substitutions allowed when your team has possession of the ball, except during penalty or corner kicks.